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SPECIAL ENDS SOON!

MAY 8, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

Tuesday



'GUTLESS'

Nationals GM rips Phillies ace for hitting Harper on purpose **13**

SLOWING EPIDEMIC

42 percent of adults will be obese by 2030, a CDC study predicts **3**

BENDING YOUR BUDGET

A D.C. yoga studio catches on by offering low-cost classes **17**



am **76** | **63** pm

FOR EXTENDED FORECAST, SEE PAGE 33



BOMB PLOT FOILED

CIA thwarts an al-Qaeda plan to destroy a U.S.-bound plane near the anniversary of bin Laden's killing **9**

GETTY IMAGES

eo

eye openers

SCIENCE

'Jurassic Park' Could Have Been a VERY Different Movie

British scientists say giant dinosaurs possibly contributed to their own extinction because of excessive flatulence. By expanding calculations based on the digestive wind of cows, a new study published Monday in Current Biology suggests that the sauropods — think Brachiosaurus and Apatosaurus— produced more than 500 million tons of greenhouse gas each year. (EXPRESS)

APOLOGIES

We've All Had This Dream

Eastern Michigan University in Ypsilanti, Mich., is apologizing after an email intended for 100 students with bad grades instead went to many more, telling them they had been kicked out of school. The school isn't sure how many people got the email last week, but the group includes some recent graduates. President Susan Martin said she's sorry for the "undue alarm." (AP)

NOTHING BUT CLASS

'My Truck Grew Them' Fails To Convince Police Officer

For the second time in a year, a motorist has been ticketed in South Carolina for displaying a replica of testicles on a vehicle. A Spartanburg County sheriff's deputy stopped a truck Sunday after seeing an "anatomically correct" display on the rear bumper. The driver was arrested for driving without a license and given a warning ticket for having an obscene display. (AP)

The Big Picture



AND THEN HE MADE BRICK-OVEN PIZZA FOR EVERYONE: Shareholders watch as Warren Buffett, chairman and CEO of Berkshire Hathaway, deploys an oversize paddle against table tennis prodigy Ariel Hsing on Sunday in Omaha, Neb.

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CDC: No End to Obesity Epidemic

Study: In 20 years, 4 out of 10 adults will be overweight

Washington

The obesity epidemic may be slowing, but don't take in those pants yet. Today, just over a third of U.S. adults are obese. By 2030, 42 percent will be, says a forecast released Monday.

That's not nearly as many as experts had predicted before the once-rapid rises in obesity rates began leveling off. But the new forecast suggests even small continuing increases will add up.

"We still have a very serious problem," said obesity specialist Dr. William Dietz of the Centers for Disease Control and Prevention.

Worse, the already obese are getting fatter. Severe obesity will double by 2030, when 11 percent of adults will be nearly 100 pounds overweight, or more, concluded the research led by Duke University.

That could be an ominous consequence of childhood obesity. Half



JOHN MOORE/GETTY IMAGES

A study released Monday says 17 percent of kids and teens were obese in 2009 in 2010.

Expensive to Treat

While being overweight increases anyone's risk of diabetes, heart disease and a host of other ailments, the severely obese are most at risk — and the most expensive to treat. Already, estimates suggest obesity-related problems account for at least 9 percent of the nation's yearly health spending, or \$150 billion a year. (AP)

of severely obese adults were obese as children, and they put on more pounds as they grew up.

Data presented Monday at a major CDC meeting show about 17 percent of the nation's children and teens were obese in 2009 and 2010, the latest available data. That's about the same as at the beginning of the decade, although a closer look by CDC's Cynthia Ogden shows continued small increases in boys.

Does that mean obesity has plateaued? Well, some larger CDC databases show continued upticks, said Duke University health economist Eric Finkelstein, who led the new CDC-funded forecast. His study used that information along with other factors that influence obesity rates — including food prices, prevalence of fast-food restaurants, unemployment — to come up with the results.

Today, more than 78 million U.S. adults are obese, defined as having a body-mass index of 30 or more.

Today, more than 78 million U.S. adults are obese, defined as having a body-mass index of 30 or more. BMI is a measure of weight for height. The new forecast suggests 32 million more people could be obese in 2030 — adding \$550 billion in health spending over that time span, Finkelstein said. LAURAN NEERGAARD (AP)

In Brief

HARRISBURG, PA.

AG Changes Sandusky Shower Allegation to '01



Sandusky

Pennsylvania prosecutors in Jerry Sandusky's child sexual abuse case say they now believe the alleged attack on a young boy in the Pennsylvania State football team showers took place around Feb. 9, 2001, instead of March 1, 2002. (AP)

DAKOTA DUNES, S.D.

Beef Company Blames 'Pink Slime' for Closings

A South Dakota beef company says it plans to close processing plants in Texas, Kansas and Iowa because of the controversy surrounding a product critics have dubbed "pink slime." Beef Products Inc. spokesman Rich Jochum said Monday the closures will be effective May 25. (AP)

\$1.5B

The amount Abbott Laboratories has agreed to pay after pleading guilty Monday over allegations it promoted the anti-seizure drug Depakote for uses it was not approved for by the FDA. (AP)



No More Meow: A cat that got national attention for tipping the scales at 39 pounds died Saturday from apparent complications of his morbid obesity, an animal shelter said Monday. Meow was taken to the Santa Fe Animal Shelter & Humane Society last month and put on a diet. Shelter Director Mary Martin said people across the country contacted the shelter with many telling her Meow inspired them to put their pets and themselves on a diet. (AP)

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Nation

Obama's Fine Line On Gay Marriage

Comments by Biden, education secretary spark new scrutiny

Washington

President Obama's election-year vagueness on gay marriage is coming under fresh scrutiny.

Education Secretary Arne Duncan broke ranks with the White House on Monday, stating his unequivocal support for same-sex marriage one day after



Duncan

Vice President Biden suggested that he supported gay marriage as well.

Obama aides worked to manage any political fall-

out. They said the back-to-back remarks by two top administration officials represented personal viewpoints and were not part of a coordinated effort to lay groundwork for a shift in the president's position. Obama aides also tried to use the latest flare-up in the gay-marriage debate to shine a light on GOP rival Mitt Romney's history of equivocating on some gay-rights issues, an attempt to turn a potential political problem into an opportunity.

Throughout his first term, Obama has sought to walk a fine line on same-sex marriage. He's trying to satisfy rank-and-file Democrats by supporting a range of gay rights issues without alienating crucial independent voters who could be turned off by the issue.

Obama, who supports most gay

Amendments

N.C. Showdown

North Carolina finds itself at the center of a growing debate between generations and America's major political parties over gay marriage and same-sex unions. The state votes Tuesday on a constitutional amendment to define marriage as only between a man and a woman. State law already bans gay marriage, but a constitutional amendment would make that much more difficult to change. Gay marriage is legal in six states and the District of Columbia. (AP)

rights, has stopped short of backing gay marriage. Without clarification, he's said for the past year and a half that his personal views on the matter are "evolving."

The White House held firm on Monday to that position, which polls show puts the president increasingly at odds with his party and the majority of Americans on gay marriage. But Richard Socarides, a gay rights supporter who was a White House official in the Clinton administration, said Duncan's and Biden's comments this week may prevent Obama from being able to stay quiet on gay marriage before Election Day.

"It becomes increasingly difficult to finesse this for very much longer," Socarides said. "The president is going to get asked about this every time there's an opportunity." JULIE PACE (AP)

32,310 The number of highway deaths in 2011, according to estimates released Monday by the National Highway Traffic Safety Administration — a drop of 1.7 percent from the previous year. That's the lowest number of deaths in more than 60 years. (AP)

Soldier's Skype Death a Mystery

Army finds no bullet wound; results from autopsy forthcoming

Washington

Army investigators said Monday they found no bullet wound or evidence of foul play in the death of a soldier in Afghanistan who died during a Skype video chat with his wife.

Capt. Bruce Kevin Clark collapsed while speaking to his wife on May 1 from his base in Tarin Kowt, Afghanistan, southwest of Kabul. His wife, Susan Orellana-Clark, has suggested in a state-

ment released Sunday that Clark was shot, citing a hole visible in the closet behind him that she believed was a bullet hole.

Investigators said an initial probe showed no trauma to the body except that Clark broke his nose when he fell forward.

Orellana-Clark said he didn't seem alarmed before he collapsed.

Christopher Grey, a spokesman for the Army Criminal Investigation Command, said Monday that the investigation is still under way. "But the important thing is that there was no bullet wound," Grey said in a telephone interview.

Backstory



Capt. Bruce Kevin Clark's wife, Susan Orellana-Clark, said the reason for the family's statement Sunday on the

bullet hole was to provide details of what she saw "to honor my husband and dispel the inaccurate information and supposition promulgated by other parties." (AP)

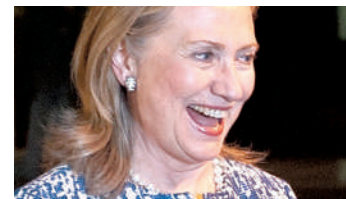
Family spokesman Bradley Taber-Thomas said Monday the Army has not notified the family of any cause of death. An autopsy was

done Friday but it could take several weeks to get results of toxicology and tissue testing done at that time, Paul Stone, a spokesman for the Armed Forces Medical Examiner, said Monday.

"Although we have not completely ruled it out to ensure a complete and thorough investigation is conducted, we do not suspect foul play in the death of Captain Clark at this point," Grey said. "We will continue to keep the next of kin updated as the investigation continues."

Clark's body was returned Thursday to Dover Air Force Base and remained there Monday. PAULINE JELINEK (AP)

Hearsay



"I just want to get back to taking some deep breaths, feeling that there are other ways I can continue to serve."

— SECRETARY OF STATE HILLARY CLINTON, SAYING AT A TOWN HALL IN KOLKATA, INDIA, ON MONDAY THAT SHE HAS NO DESIRE TO MAKE ANOTHER RUN FOR THE WHITE HOUSE.



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World

In Brief

KABUL, AFGHANISTAN

Officials: NATO Airstrikes Killed Afghan Civilians

NATO airstrikes killed Afghan civilians in two provinces, local officials reported Monday, and the U.S.-led coalition said it plans an apology in one of the incidents. An airstrike Friday killed six members of a family in southern Helmand province, according to the provincial spokesman. There were conflicting accounts on the incident, in Badghis province, where reports put the civilian deaths at 14. (AP)

BUCHAREST, ROMANIA

Parliament Approves PM's New Cabinet



Ponta

Romanian lawmakers on Monday approved a left-leaning Cabinet expected to continue a slate of economic reforms, but partially restore slashed public-sector wages and pensions. Parliament's backing of Victor Ponta's government makes him Romania's third prime minister this year. (AP)

SANAA, YEMEN

Militant Siege Kills 22

Al-Qaeda militants staged a surprise attack Monday on a Yemeni army base in the south, killing 22 soldiers and capturing 25 others just hours after a U.S. drone strike killed a senior figure in the terror network wanted in connection with the 2000 bombing of the USS Cole in Yemen. Twelve soldiers were wounded, Yemen's Defense Ministry said. (AP)

KABUL, AFGHANISTAN

Flooding Leaves 21 Dead

A flash flood swept through a village in northern Afghanistan, killing 21 people, many of them members of a wedding party, officials said Monday. About 45 homes were destroyed and another 150 were damaged, officials said. (AP)

Europe Recoils From Austerity

Fed-up voters trigger sweeping changes for France, Greece

Paris

Political upheaval across Europe highlights rising voter discontent with budget tightening. France's new president Francois Hollande won by denouncing austerity, while weary Greek voters practically

8

The number of the 17 eurozone nations that are already in recession.

shouted "no more" after two years of cutbacks demanded in return for bailout loans. Austerity, however, isn't going anywhere just yet. Strained government finances mean even Hollande lacks money to spend on stimulus. He and other European leaders might finally seek more ways to soften its deadening impact on growth and jobs. But there aren't many obvious options.

"Austerity can no longer be inevitable!" Hollande said after Nicolas Sarkozy conceded Sunday.

The question remains whether Germany — Europe's powerhouse



Merkel's New Buddy?



Nicolas Sarkozy and Angela Merkel led Europe's response to its debt crisis.

driving the austerity agenda — will allow at least some countries in the eurozone to spend more freely in the face of a growing recession.

More ominously, uncertain days are ahead for Greece, where political parties that backed two bailouts lost their majority in Parliament. That opens up the possibility that Greece's leaders could renege on commitments made to secure the country's rescue loans — or even decide to leave the euro.

But Greece isn't the only problem. The 17 countries that use the euro — and 9 other European coun-

Nicolas Sarkozy's loss in Sunday's French presidential election to Francois Hollande marks a divergence between France and Germany, two countries central to a solution to Europe's debt crisis. Sarkozy and Chancellor Angela Merkel were so close they were known as "Merkozy" — and the big question now is if there will be a "Merkolande" in Europe's future. Merkel called Hollande after his victory, and Hollande campaign manager Pierre Moscovici said his boss would head to Berlin shortly after his inauguration on May 15. (AP)

tries — agreed in March to a fiscal compact that seeks to make countries balance their budgets. But as Europe's economy gets weaker, the public and politicians are growing weary of the budget-cutting required to make it work.

Now a backlash has begun. For many, Hollande is its leader, but some hope that Hollande will turn out to be more pragmatic.

"Adieu, election campaign. Bonjour, reality," read an editorial in Germany's daily Sueddeutsche Zeitung. DAVID MCHUGH AND SARAH DILORENZO (AP)

Blind Activist Confident China Will Let Him Leave

Beijing

A Chinese activist who triggered a diplomatic dispute between China and the United States said Monday he is confident that Beijing will hold up its end of a tentative deal to let him study overseas.

Chen Guangcheng is a blind, self-taught legal activist who made a daring escape from brutal house arrest in his rural town into U.S. diplomatic custody in Beijing more than a week ago, setting off a dip-

Meanwhile ...



Blind activist Chen Guangcheng expressed fear on Monday for the well-being of his nephew Chen Kegui, who had been detained in China as part of a criminal investigation into a clash he had with officials, radio broadcaster Voice of America reported Monday. (AP)

lomatic standoff. Under still-evolving arrangements announced Friday by Washington and Beijing, Chen may be able to leave to study in the U.S.

The activist, who is in a Beijing hospital where he was taken to receive medical care for injuries sustained in his escape and was joined by his wife and two children, said he has asked hospital staff to help him with the paperwork for him and his family to obtain the travel documents. (AP)

CRIME

Tough to Swallow

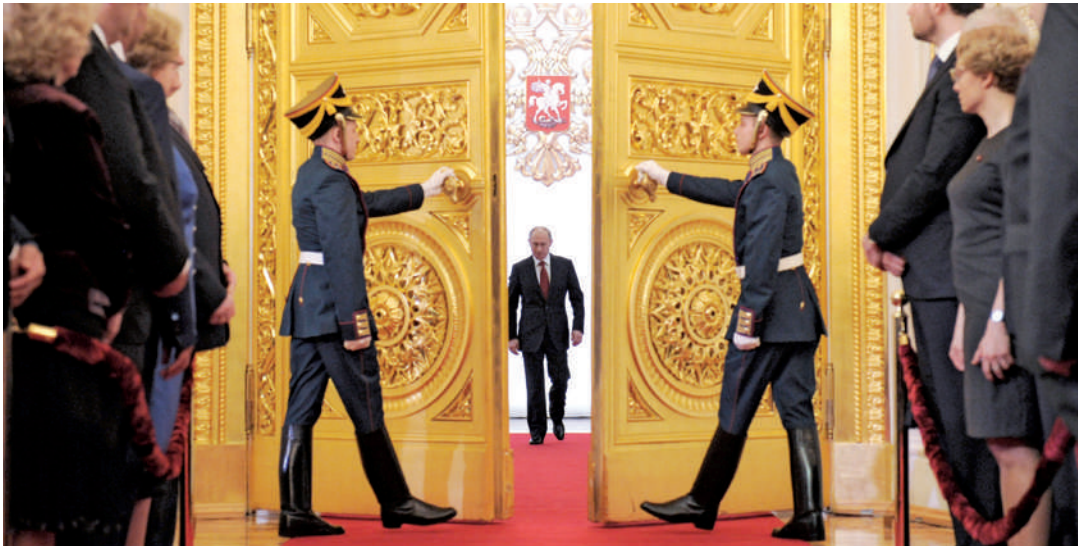
South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies, which some people believe can cure disease, officials said Monday. The pills from China are billed as stamina boosters, the customs service said in a statement, and were laced with human flesh, bacteria and harmful ingredients. (AP)



\$20M

The estimated value of a Stradivarius cello housed at the Spanish Royal Palace that an official confirmed Monday was broken in an accident three weeks ago. The 17th-century instrument can and will be repaired, the official said, though she refused to comment on the source of the damage. (AP)

World



Vladimir Putin, Russia's former prime minister, arrives at the Kremlin in Moscow for his presidential inauguration on Monday.

Russia Ushers in New Putin Era

Moscow

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday, while on the streets outside thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The new, now six-year term will keep him in power until 2018, with the option of run-

“I consider service to the fatherland and our nation to be the meaning of my life.”

— VLADIMIR PUTIN, SPEAKING MONDAY IN A GLITTERING KREMLIN HALL AFTER HE WAS INAUGURATED AS PRESIDENT.

ning for a fourth term.

After taking the oath of office, Putin stated his commitment to democracy.

“We want to live and we will

live in a democratic country where everyone has the freedom and opportunity to apply their talent and labor, their energy,” he said.

Putin's inauguration came a day after an opposition protest drew more than 20,000 people, fewer than the mass demonstrations in the months that preceded his March election but still a sign that the anger over Putin's return to the Kremlin has not faded.

Monday's demonstrators were met by riot police. At least 120 were detained. In the evening, police detained dozens more. (AP)

Syrians Denounce Vote as Sham

Beirut

Syrians voted in parliamentary elections Monday that the government praised as a milestone in promised political reforms, but the opposition boycotted the polls and said they were designed to strengthen President Bashar Assad's grip on power.

There were reports of violence Monday, including that troops attacked villages where opposition backers refused to vote.

The vote is the first under a new constitution, adopted three months ago, which allows political parties to compete with Assad's

Backstory

World leaders remain divided over the next steps in Syria, which is more than a year into an uprising that has killed more than 9,000 people and raised fears of a regional conflagration. (AP)

Baath Party. The election for the 250-member parliament is unlikely to change Syria's trajectory.

“The face of the regime will not change,” activist Mousab Alhamadee said. “The regime is like a very old woman, a woman in her 70s, trying to put on makeup.” (AP)

Hearsay

“My life is in your hands, Mr. President. If you accept the demands, I live; if you don't accept the demands, then I die.”

— WARREN WEINSTEIN, ASKING PRESIDENT OBAMA TO ACT TO FREE HIM IN A VIDEO RELEASED LATE SUNDAY BY HIS AL-QAEDA CAPTORS. THE 70-YEAR-OLD CONSULTANT FROM ROCKVILLE, MD., WAS ABDUCTED IN AUGUST IN LAHORE, PAKISTAN, AFTER GUNMEN TRICKED HIS GUARDS AND BROKE INTO HIS HOME.

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World

Islamist Extremists Flex Muscle in Egypt

Growing movement adds to instability ahead of election

Cairo

Militants who have vowed allegiance to al-Qaeda attack security forces in Egypt's Sinai Peninsula close to Israel and enjoy unchallenged control of two border towns. Radical Islamists in Cairo chant anti-U.S. slogans and dream of turning the most populous Arab country into a religious state.

With former president Hosni Mubarak out of the way, the most extreme fringe of Islamists is flexing its muscles, adding a potentially destabilizing layer to Egypt's political troubles ahead of the May 23-24 presidential elections.

The emergence of the militants comes at a time when secu-

Meanwhile ...

Judges sent 239 Egyptians to trial Monday on charges of resisting authorities, damaging public property and carrying knives and fire bombs during an anti-government protest in December that left 14 people were killed and hundreds injured. About 379 defendants also face trial in July on similar charges that emerged from a November protest that left more than 40 dead. (AP)

urity remains tenuous 14 months after Mubarak's fall.

Concerns about the fringe groups were hiked by reports that some made an appearance among a weeklong protest last week near the Defense Ministry in Cairo to protest the disqualification of an lawyer-turned-preacher from the presidential election. (AP)

Japanese City Picks Up After Twister



KOJI SASAHARA/AP

RESIDENTS EXAMINE THE DAMAGE on Monday left by Sunday's tornado in Tsukuba, Japan, which killed one person and left dozens injured.

Suspected Mastermind

Ibrahim Hassan Al-Asiri — suspected of helping build the device in the most recent plot to take down a jetliner in the U.S. — constructed the underwear bomb that failed to detonate aboard a jet over Detroit on Christmas 2009, and two other bombs that al-Qaeda built into printer cartridges and shipped to the U.S. on cargo planes in 2010. Both of those bombs used a powerful industrial explosive, and were nearly successful. (AP)

**RELATED NEWS
Sharp Blows To Al-Qaeda**

Al-Qaeda's branch in Yemen, which is believed to have been behind a newly foiled bomb plot, has suffered recent setbacks. Fahd al-Quso, a senior al-Qaeda leader, was killed by a missile Sunday in the southern Shabwa province of Yemen. Al-Quso, 37, was on the FBI's most wanted list for his role in the deadly 2000 bombing of the USS Cole in Aden, Yemen. Al-Quso was believed to have replaced Anwar al-Awlaki as the group's head of external operations. Al-Awlaki was killed in a U.S. airstrike last year. (AP)

who heads the Senate Intelligence Committee, told reporters Monday that she had been briefed about an “undetectable” device that was “going to be on a U.S.-bound airliner.”

There were no immediate plans to change security procedures at U.S. airports.

The AP learned about the thwarted plot last week but agreed to White House and CIA requests not to publish it immediately because the sensitive intelligence operation was still under way. Once officials said those concerns were allayed, the AP decided to disclose the plot Monday despite requests from the Obama administration to wait for an official announcement Tuesday.

The would-be suicide bomber, based in Yemen, had not yet picked a target or bought a plane ticket when the CIA stepped in and seized the bomb, officials said. It's not immediately clear what happened to the alleged bomber.

President Obama learned about the plot in April and was assured the device posed no threat to the public, White House spokeswoman Caitlin Hayden said.

“The president thanks all intelligence and counterterrorism professionals involved for their outstanding work and for serving with the extraordinary skill and commitment that their enormous responsibilities demand,” Hayden said.

The FBI and Department of Homeland Security acknowledged the existence of the bomb late Monday.

It's not clear who built the bomb, but officials suspected it was the work of master bomb maker Ibrahim Hassan al-Asiri or one of his protégés.

The operation is a victory for the U.S. and a reminder of al-Qaeda's ambitions, despite the death of bin Laden and other senior leaders. Because of instability in the Yemeni government, the group's branch has seen gains there.

But along with the gains there also have been losses: The group has suffered significant setbacks as U.S. focuses more on Yemen.

ADAM GOLDMAN AND MATT APUZZO (AP)

Bomb Plot Halted

Would-be attacker was armed with an undetectable device, U.S. says

Washington

The CIA thwarted an ambitious plot by al-Qaeda's affiliate in Yemen to destroy a U.S.-bound airliner using a bomb with a sophisticated new design around the one-year anniversary of the killing of Osama bin Laden, U.S. officials said Monday.

The plot involved an upgrade of the underwear bomb that failed to detonate aboard a jetliner over Detroit on Christmas 2009. This new bomb was also designed to be used in a passenger's underwear, but this time al-Qaeda developed a more refined detonation system, U.S. officials said.

The FBI is examining the lat-

Kept Quiet

The recent operation to thwart a bomb plot against the U.S. unfolded even as the White House and Department of Homeland Security assured the American public that they knew of no such al-Qaeda plots surrounding the May 2 anniversary of Osama bin Laden's death in Pakistan last year. The operation was carried out over the past few weeks, U.S. officials said. “We have no credible information that terrorist organizations, including al-Qaeda, are plotting attacks in the U.S. to coincide with the anniversary of bin Laden's death,” White House press secretary Jay Carney said on April 26. “We have no indication of any specific, credible threats or plots against the U.S. tied to the one-year anniversary of bin Laden's death,” the Department of Homeland Security said on May 1. The White House did not explain those statements Monday. (AP)



“The device never presented a threat to public safety, and the U.S. government is working closely with international partners to address associated concerns with the device.”

— A STATEMENT RELEASED BY THE FBI AFTER NEWS BROKE MONDAY OF A PLOT AGAINST THE U.S. INVOLVING A SOPHISTICATED UNDERWEAR BOMB THAT HAD BEEN THWARTED IN RECENT WEEKS BY COUNTERTERROR OFFICIALS.

est bomb to see whether it could have passed through airport security and brought down an airplane, officials said.

They said the device did not contain metal, meaning it probably could have passed through an airport metal detector. But it was not clear whether new body scanners used in many airports would have detected it.

Sen. Dianne Feinstein, D-Calif.,



Are We Riders or Customers?

Q Do you feel it is telling of Metro's view towards both its users and its role in the community that it refers to its users as "customers" instead of "passengers" or "riders"?

Metro's use of the term "customers" dates back two general managers, to Richard White. The idea was to get the work force thinking of the ridership as people who paid for a service. I thought that was fine as a concept, but in practice, if Metro is going to call its riders customers, then they're going to start thinking of themselves as customers — as in people who pay for a service and expect to get the service.

Think of how Americans view their status as customers, as in, "Satisfaction guaranteed or your money back." Metro has never been able to live up to the American standard of "customer." On an intellectual level, many of us get the idea that the system is in very bad shape and requires this massive reconstruction program. So far, so good. But riders think of themselves as today's customers. They're taking their rides today, not 10 years from now. Telling them that comes across as, "Sure, we're mistreating you today, but your children are really going to have good service when they grow up," — that just doesn't cut it.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

Q It seems like the Metro only helps people trying to travel into or out of D.C. Has the Metro ever considered a line that circles the Beltway? Let people get from Tysons to Rockville or Springfield without having to go into D.C.

Many travelers like this circular Metro idea, but I'm not one of them. Huge, huge investment, and the results would be uneven. I do like the idea of a transit link between Tysons and Rockville, but I don't see that happening any time soon. Here's what I think I'd make my top priority for a big new transit investment: looking at what we should build to relieve the congestion at the Rosslyn tunnel and through downtown D.C.

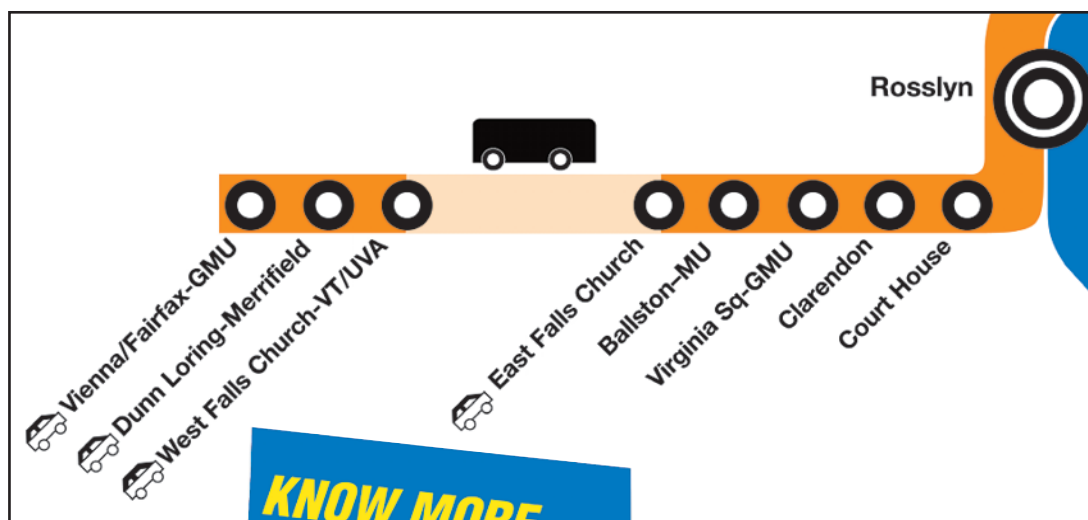
Q When will the escalator rehab at Metro Center from the Orange/Blue lines up to the Glenmont side of the Red Line platform be completed? The mass of humanity crowding up that one escalator was quite impressive [Monday] morning.

To address this, I'm simply making a quick check of Metro's escalator status report. What I see is that two escalators are out of service at Metro Center. There's one between the upper platform and lower platform to Blue/Orange Lines F and 12th St Entrance. That's a modernization scheduled to be done July 24. There's another one between the platforms that's out for a service call, which usually means it just busted and will have to be repaired. That is scheduled to be done Thursday.

Q Nice job by Metro on Saturday. Perhaps there were other problems in the system, but going from Pentagon City to Nationals Park on Saturday with 40,000 while 20,000 also went to Verizon Center [for a Capitals game] was an easy experience. There were 8-car trains on both the Yellow and the Green lines before the games and again after the game.

I'm very glad to hear you weren't crushed. However, I suspect riders coming from other directions, including those who dealt with the Green Line disruption, or who transferred at places like Metro Center, L'Enfant Plaza and Gallery Place might not have fared so well. So far, I've heard some complaints about weekend service, but not a very great number.

Weekend Track Work



From Friday, May 18 at 10 p.m. to Sunday, May 20 at closing: Buses replace trains on the Orange Line between East Falls Church and West Falls Church-VT/UVA.

Temporarily suspending train service is necessary while Metro installs switches for the Dulles extension and replaces ties.

To get last train times or information about shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.



Local



From left: Jeffrey Best, Robert Bost, Orlando Carter, and Sanguan Carter were all convicted of first-degree murder. Lamar Williams, last, was convicted of second-degree murder.

Five Guilty in SE Murders

Jury convicts 4 after lengthy deliberation of first-degree murder

Washington

A jury has convicted five men in one of the deadliest series of shootings in years in the nation's capital.

Five people died, three in a drive-by shooting on South Capitol Street in 2010.

When the trial began in late

February, prosecutors said the shootings began over a missing piece of costume jewelry.

Jurors convicted brothers Sanguan and Orlando Carter, as well as Jeffrey Best and Robert Bost of first-degree murder and other charges. Lamar Williams was convicted of second-degree murder. The verdicts were read Monday. Jurors had been deliberating since April 25.

"It's no secret this is something that, from the night this happened,

I've said is one of the worst things I've seen in 22 years here in this city and hope to never ever have to see anything like that again," D.C. Police Chief Cathy Lanier said at a news conference following the guilty verdicts.

Ronald Machen, the U.S. Attorney for the District of Columbia, whose office prosecuted the case, said his office would seek to put all the men behind bars for the rest of their lives when they are sentenced Sept. 11. (AP)

Wounded Warriors Meet Royalty



SUSAN WALSH/AP

BRITAIN'S PRINCE HARRY greets wounded soldiers during a reception at the British Ambassador's Residence on Monday in Washington. Harry met members of the British and American teams who are taking part in the Warrior Games, a paralympics event hosted every year by the US Olympic Committee.

D.C. to Pay \$20K In Breathalyzer Test Challenges

Washington

The District of Columbia has agreed to pay about \$20,000 to four people who challenged their drunken driving convictions based on flaws in the police department's alcohol breath-test equipment.

The payments were revealed in documents filed Monday in U.S. District Court in Washington.

The four were part of a group that said their convictions were based on unreliable and inaccurate breath testing equipment. They alleged that prosecutors continued to rely on the scores, knowing that the machines were flawed. (AP)

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MASTERS IN APPLIED ECONOMICS

The Lotteries

Monday, May 7

District

Mid-day Lucky Numbers 3-9-5
Evening Lucky Numbers (Sun.) 0-1-1
Mid-day DC 4 2-6-4-8
Evening DC 4 (Sun.) 2-2-3-7
Mid-day D.C. Five 1-1-5-6-1
Evening D.C. Five (Sun.) 6-2-1-1-1

Virginia

Mid-day Pick 3 5-9-8
Evening Pick 3 (Sun.) 3-7-7
Mid-day Pick 4 8-9-3-8
Evening Pick 4 (Sun.) 5-5-8-2
Mid-day Cash 5 (Sun.) 4-10-21-23-29
Evening Cash 5 (Sun.) 4-5-22-28-30

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3 7-5-2
Evening Pick 3 (Sun.) 3-6-2
Mid-day Pick 4 4-1-5-7
Evening Pick 4 (Sun.) 0-5-1-5
Match 5 (Sun.) 9-17-21-33-37 (23)

Local

Report: Violent Crime Down in Va.

Richmond, Va.

Virginia State Police say homicide and other violent crimes in the state are declining. But drug offenses are increasing.

The annual Crime in Virginia report released Monday says the homicide rate fell from 4.61 per 100,000 population in 2010 to 3.77 in 2011.

According to the report, 28 percent of homicide victims in 2011 were 20 to 29 years old. Males accounted for 79 percent of the victims in this age group.

7.1%

The increase in drug offenses in Virginia since 2011, following a 5.3 percent increase in 2010, officials say.

Robberies fell 4 percent. Ninety-four percent of the offenders were male and 69 percent of the victims were male.

Burglary, motor vehicle theft and other property crimes declined 2.2 percent. Drug offenses increased 7.1 percent in 2011, following a 5.3 percent increase in 2010. (AP)

Dreamliner Lands at DCA



THE BOEING 787 JUMBO JET arrives at Reagan National Airport on Monday during its "Dream Tour." The Dreamliner has been lauded for its fuel efficiency, long-distance flying range and large windows. Air India and Japan Airlines plan on deploying the new jets, which can carry up to 290 passengers.



END OF AN ERA

Gallery Chief Out

The Smithsonian's National Portrait Gallery director is stepping down at the end of May due to health reasons. The museum announced Monday that Martin Sullivan will take on the new role of senior scholar at the Smithsonian beginning June 4. Sullivan has led the National Portrait Gallery since 2008. Previously, he led the Historic St. Mary's City Commission in Maryland. (AP)

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Rizzo: Hamels Is 'Gutless'

Nats GM slams Phillies ace for intentionally hitting Harper

The Nationals

Nationals general manager Mike Rizzo came out swinging a day after Cole Hamels admitted that he drilled Bryce Harper on purpose Sunday night, calling out the Phillies pitcher as "fake tough." Major League Baseball followed Rizzo's lead, suspending Hamels for five games and fining the All-Star.

"Players take care of themselves," Rizzo said Monday. "I've never seen a more classless, gutless, chickens--t act in my 30 years in baseball."

In the first inning of Sunday's series finale at Nationals Park, Hamels plunked Harper with a 93-mph fastball in the rookie's backside of the first pitch of the at-bat.

Harper quickly evened the score with Hamels. After taking third on a single, Harper broke for the plate when Hamels made a pickoff throw to first. Harper stole home, sliding in safely for the first swipe of his eight-game big league career.

Hamels admitted the obvious after the game. Hit hit Harper on purpose, and for no reason other than a bit of hazing.

"I'm just trying to continue the old baseball — I think some people kind of get away from it," Hamels said Sunday night. "I remember when I was a rookie the strike zone was really, really small and you didn't say anything just because that's the way baseball is. Sometimes the league is protecting certain players and making it not that old-school, prestigious way of baseball."



After Bryce Harper was hit by a pitch by Cole Hamels on Sunday, the Nationals' rookie got his revenge by stealing home later in the first inning.



Cole Hamels, a 28-year-old left-hander, allowed one run over eight innings Sunday night in the Nationals' 9-3 loss. He is eligible for free agency after this season and likely will command one of the richest contracts ever for a pitcher. He can probably cross the Nats off his list, and vice versa. (TWP)

Now, Hamels will sit the next five days. But since the Phillies have a scheduled off-day Thursday, they can manipulate the rotation so Hamels will not miss a start.

Rizzo was angered more by Hamels boasting about hitting Harper than the act itself.

"Cole Hamels says he's old-school? He's the polar opposite of old-school. He's fake tough. He thinks he's going to intimidate us after hitting our 19-year-old rookie who's eight games into the big leagues? He doesn't know who he's dealing with."

Rizzo, who turned the Nationals into a contender largely through bountiful drafts, has revealed the fiery part of his personality in the past when backing a player. Last year, he became the first general manager fined by MLB for yelling at an umpire.

Later in Sunday's game, Nationals starter Jordan Zimmermann hit Hamels as he

Up Next for the Nats



7 P.M.
Tuesday
MASN2



A month into the season, the Pittsburgh Pirates are a respectable 14th in the majors in strikeouts per nine innings (7.4), heady territory for a team that was 28th in the same category a year ago. While the addition of veterans Erik Bedard and A.J. Burnett has helped, the maturation of James McDonald (2-1, 2.70 ERA) is the real key. The 27-year-old, who will open the series against the Nats on Tuesday, has 25 strikeouts in the past three starts. (AP)

squared to bunt, but Zimmermann maintained that it wasn't on purpose. "He was bunting, and I'm going to take an out when I can get an out," Zimmermann said.

The Nationals-Phillies rivalry reached a new intensity over the weekend, but Rizzo said the intentional plunking is a different matter, even drawing a comparison to the NFL bounty situation.

Rizzo's comments drew the ire of Phillies reliever Chad Qualls, who rebuked Zimmermann's claim that he did not hit Hamels on purpose. "At least Cole was a man and didn't lie about it," Qualls tweeted. ADAM KILGORE (THE WASHINGTON POST)



Nats Lose Werth

Jayson Werth was scheduled to undergo surgery Monday on his left wrist, which he broke in the Nats' 9-3 loss to the Phillies Sunday, according to a person familiar with the situation. Players who have suffered a clean radius break like the one Werth has typically take 10 to 12 weeks to return.

Cup Half-Full

If there is any silver lining for Werth, it is that this radius break has no relation to his history with left wrist injuries. Werth, who signed a seven-year, \$126 million contract in 2010, suffered a ligament split-tear in 2005 and missed the entire 2006 season.

Backup Plans

The Nats will replace Werth in right field with a platoon of Roger Bernadina and Xavier Nady, with Steve Lombardozzi and Chad Tracy also helping out. (TWP)

"He thinks he's sending a message to us of being a tough guy. He's sending the polar-opposite message. He says he's being honest; well, I'm being honest. It was a gutless, chickens--t ... act."

— NATIONALS GM MIKE RIZZO, REACTING TO COLE HAMELS' ADMISION THAT HE HIT BRYCE HARPER ON PURPOSE

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The Puck Stops With Holtby

Young goalie earns respect for taking the blame for goals

The Capitals

Regardless of the circumstance, Braden Holtby will take the blame for a goal. At times, his self-criticism is warranted, but in other instances it is out of place when it's clear that his teammates didn't offer the best support for their netminder.

Situations of the second variety, though, are irrelevant to Holtby. The 22-year-old goaltender never looks to put blame on his teammates, regardless of what happened in the play leading up to a tally.

"It's probably one of those things I learned from a young age," said Holtby, who was set to lead the Capitals against the Rangers in Game 5 of the Eastern Confer-



Braden Holtby has emerged as one of the Capitals' leaders during the playoffs.

ence semifinals on Monday. "To put more blame on myself than anyone else, because as a goalie your job is to make up for your teammates mistakes. You can't be mad if they make them, that's your job and it's hard sometimes."

Holtby's attitude in that regard

is one of the reasons that even at such a young age, with limited NHL experience, he has earned the respect of his teammates.

"You see a lot of goalies, when they get scored on, throw their hands in the air, looking around seeing who's to blame," Jason Chi-

SUSAN WALSH/AP



washingtonpost.com

Game 5 of the Capitals-Rangers playoff series ended after Express' deadline on Monday night. For results, reactions and analysis, see washingtonpost.com/sports.

mera said. "He's not that kind of guy, most of the shots he thinks he can save — even the screened ones and stuff like that — he thinks he has a chance to save it."

Holtby's take on his responsibilities and the role of a goaltender is even described as inspiring. "He knows he's got a tough job and the puck stops there but he blames himself," coach Dale Hunter said. "That's why the guys want to play so hard in front of him."

(THE WASHINGTON POST)

In Brief

PRO FOOTBALL

Saints' Vilma Appeals Bounties Suspension



Vilma

Saints linebacker Jonathan Vilma on Monday appealed his season-long suspension under the NFL's bounty investigation, which named him as a ringleader of the cash-for-hits system. Vilma's appeal says the NFL has failed to presented evidence linking him to a system in which players were paid to injure opponents. (AP)

COLLEGE SPORTS

Big East Commissioner Marinatto Resigns

Big East Commissioner John Marinatto resigned Monday after less three years on the job and a wave of departures by high-profile schools. Pittsburgh and Syracuse are headed Atlantic Coast Conference and West Virginia bolted for the Big 12. The Big East regrouped by adding Central Florida, Houston, Memphis, SMU and Temple for all sports and Boise State, San Diego State and Navy for football only. (AP)



Insert 'Linsanity' Joke Here: Linsanity turned the season around for the Knicks once, and they are even more desperate for help now. Mike Woodson isn't expecting it. The interim coach said Monday he wasn't counting on Jeremy Lin to play Wednesday when his short-handed Knicks visit Miami for Game 5 of their first-round playoff series. "I'm going at this as if he's not going to play. That's how it's been here for the last month," Woodson said. (AP)

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Gordon Raphael, MD

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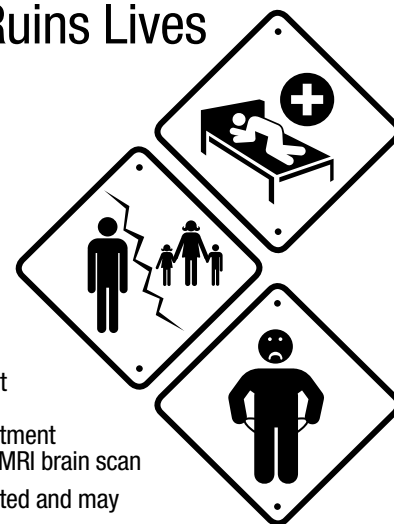
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Sports

Drug Suspension Taught A Lesson, Williams Says

The Redskins

Speaking for the first time since his four-game suspension for failing multiple drug tests last season, Redskins left tackle Trent Williams said that he has learned from his mistakes and aims to become a better leader and player.

Williams, whom the Redskins drafted fourth overall in 2010, missed the final four games of last season, and since then has been enrolled in the NFL's substance abuse program. He hadn't spoken to reporters until Monday, while playing in teammate Brian Orakpo's Leukemia Golf Classic.

Meanwhile ...

Redskins tight end Chris Cooley has reported no problems during his rehabilitation from an injury-shortened 2011 season, when he posted career-low numbers, coach Mike Shanahan said. (TWP)

Williams said he hasn't had to make any specific lifestyle changes, but that he knows how to carry himself in the future.

"Be more of a leader," Williams said. "Obviously not make the mistakes I made in the past."

(THE WASHINGTON POST)

Williams Is True Blue in Spain



OCHOA DE OLZA/AP

SERENA WILLIAMS hits a shot in her straight-set victory over Elena Vesnina in the second round of the Madrid Open on Monday. Williams had 13 aces and 40 winners against Vesnina, who struggled on the slippery blue clay court.

TV Lineup

NATIONALS (7 P.M., MASN2)

The Nats begin life without Jayson Werth when starting a series against the Pittsburgh Pirates.

ORIOLES (7 P.M., MASN) The first-place O's take on the Texas Rangers.

NBA PLAYOFFS (8 P.M., 10:30 P.M., TNT) The Boston Celtics can eliminate the Atlanta Hawks in Game 5 of their series and the L.A. Lakers can also advance with a victory over the Denver Nuggets.

NHL PLAYOFFS (7:30 P.M., NBCSN) Game 5 of the New Jersey Devils-Philadelphia Flyers series.

PRO BASEBALL (7 P.M., 10 P.M., MLB) The New York Yankees host the Tampa Rays and the L.A. Dodgers meet the San Francisco Giants.



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

WEEK ONE GOALS: Where It All Begins...

Every journey starts with a destination in mind. And the Gold's Gym Get Fit Challenge is no exception. The most important thing about fitness goals: they have to be specific and realistic. Losing 30 pounds in two weeks is a highly unrealistic goal (not to mention unhealthy); goals such as "I want to build up to running a mile in under nine minutes" are much more focused. And when you're working toward realistic goals, your chances of success greatly increase.

This week, we catch up with Brittany as she defines what she's working toward in the coming weeks.



What goals have you and Brittni settled on?

Brittany: I want to be realistic in this challenge. Right now, it's about feeling good—and this bathing suit I've seen hanging in Macy's. My goal is to look good in it, not just fit into it.

Does your goal seem realistic and achievable?

Brittany: Sure! And I have to admit, there are times when I'm at the gym and I think, "Today you'll run so hard you'll lose five pounds." Twenty minutes on the treadmill later and I'm singing a different tune.

What type of workouts have you set to meet your goals?

Brittany: First and foremost is cardio. I try to squeeze in a minimum of 30 minutes of cardio every day, whether that's climbing an incline or awkwardly swinging a kettlebell around. When that gets old, I try to change things up with a strength training class.

Brittni has been helping Brittany through this foundational part of her journey.

What workout plan have you developed to help Brittany achieve her goals?

Brittni: Building a lean muscle foundation so that while Brittany simply stands still her body burns fat. She's doing a great job keeping up with the fitness homework she does on her own time!

How important is goal setting to people's health?

Brittni: Goal setting is the single most important thing you must do before moving forward with anything. Without defining your progress, the whole thing would be completely pointless!



CHALLENGERS	STARTING WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Brittany	189 lbs.	187 lbs.	2 lbs.	1 point
Tamika	262 lbs.	250 lbs.	12 lbs.	6 points
Jim	226 lbs.	217 lbs.	9 lbs.	4 points
Vasanth	270 lbs.	263 lbs.	7 lbs.	2 points
Mike	336 lbs.	327 lbs.	9 lbs.	3 points
Paige	225 lbs.	215 lbs.	10 lbs.	5 points

Points are awarded weekly for % of body weight lost and competitive challenges.



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Guinea Pig | Bar Stars

Cookie cravings may have met their match with Luna Fiber (\$1.40, Lunabar.com). The new bars come in three flavors that actually taste as good as they sound — peanut butter strawberry, chocolate raspberry and vanilla blueberry. But the chewy snacks with fruity fillings are only 110 to 120 calories, and have 7 grams of fiber each (hence the name), which helps keep additional munching to a minimum.



Not a High Price to Pay

How Yoga District manages to provide low-cost classes and keeps adding locations

Yoga is a priority worth spending money on for 29-year-old Kat Zambon. Just not that much money. That's why you'll find her several times a week at Yoga District (Yogadistrict.com), where she never shells out more than \$10 a class.

"I shop around for everything and there aren't cheaper places," says Zambon, who's impressed that the money-saving decision hasn't been a sacrifice.

\$10 "A lounge is nice, but I don't feel like not having it is a step down." The classes provide her with a sense of community, and getting there couldn't be more convenient. She lives near the Bloomingdale studio and works near the new I Street studio.

The downtown location that opened last month is its fifth studio, making Yoga District a full-fledged yoga empire. It's also its cheapest because founder Jasmine Chehrazi has insisted on keeping prices what they were when she opened in 2006. "When we walk around handing out fliers and people ask, 'How much?' We say, '\$10 or less.' That changes people's perception of yoga," she says. "It's not a luxury spa treatment."

Yoga District's commitment to affordable yoga has paid off by bringing in students who would otherwise be intimidated by the practice. And any money Yoga District earns, Chehrazi explains, goes back into their non-profit mission. "Everybody who's with me, rather than personal wealth, we're working toward community wealth,"

D.C. Yoga Week

Time to get into happy baby pose. D.C. Yoga Week — which offers free and \$5 classes — kicks off Sunday. Here's what you need to know:

Locations

There are two dozen studios across the region (including ones in Maryland and Virginia this year) participating. See who's on board and find their schedules at Dccy.org/dc-yoga-week.

On the Mall

Pull your mat up to the Washington Monument on May 19 for Yoga on the Mall, a huge, all-level event that starts with a kiddie session at 1:30 p.m. That'll be followed by an acro yoga demo, and then a class at 3 p.m. Details are available at Dccy.org/yogaonthemall.

Yoga for A Cause

Would you do 108 sun salutations to support a program that brings yoga to youths? Then head over to GW's University Yard (2000 H St. NW) on Sunday at 2 p.m. for the YoKid Challenge (Yokid.org/events/yokid-challenge-d-c). It's \$5 per person, which includes snacks.



Students get into a twist at Yoga District on I Street. The downtown spot is the fifth location for the rapidly expanding studio.

KEVIN DIETSCH

she says. That's made it easy to count on folks to pitch in with their expertise for free, whether it's legal assistance or website design.

Whatever Yoga District would have spent on those services is instead funneled into opening more spaces and directly into the pockets of instructors, who can find it difficult to survive under a typical pay structure. "If you have a cold and you have a sub, you're usually not getting paid," says Chehrazi, who's committed to giving senior instructors set salaries and paid time off. New instructors are paid by attendance, and offered educational opportunities to improve their teaching.

Yoga District instructor Mike Graglia (who also happens to be a consultant with an MBA) was drawn to the studio specifically because it doesn't focus on the bottom line. But he's tried

"People ask, 'How much?' We say, '\$10 or less.' That changes people's perception of yoga."

— JASMINE CHEHRAZI, FOUNDER OF YOGA DISTRICT.

to use his business know-how to help streamline the finances and suggest improvements. After comparing prices at virtually every other studio in Washington, he determined that Yoga District is coming in at 30-40 percent cheaper. His suggestion: Up prices by 10 percent. "She's giving it away. I tell her, 'You're killing yourself because you're working so hard. Stop being stressed out.' They'll still be the cheapest prices in town," he says.

Despite Chehrazi's rejection of the proposal, Graglia says he's not worried about Yoga District's future, even though

it's currently just sustainable rather than profitable. "[Chehrazi] doesn't think like most people. You could call it reckless or inspired. I call it both," he says. With the scale Yoga District has built up over the years, he thinks the business model is just crazy enough to work.

Chehrazi keeps turning up expansion opportunities she can't refuse, so more Yoga Districts are likely on their way. "Communities need yoga all over," she says. "People are waiting for studios in their neighborhoods." And she wants them to get it for \$10 or less.

VICKY HALLETT (EXPRESS)

Meet The Trainer

Tony Scott

Certified Personal Trainer
Ballston Gold's Gym

Tony Scott, also known as "BIG TONY," is a certified Master Trainer. He was a drug-free professional bodybuilder for 15 years and has more than 26 years of experience in the fitness industry. Tony has a degree in Criminal Justice and was once a Deputy Sheriff. Tony's passion is helping clients achieve their goals through a customized program of cardiovascular activities, strength training and proper nutrition.

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- Core & Stability Strengthening Trainer
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- Step Aerobic Instructor
- Body Pump Instructor
- CPR/AED

To schedule an appointment with Tony or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

Three weeks to go until the start of pool season! Whether you want to bulk up or slim down, your nutrition and workouts need to be complementary to see the best results. Instead of rushing into the latest fad diet hoping for a quick fix, come see me for a customized plan for your specific body type.

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baggagecheck



Still Together, But Feeling Alone

Q I'm pretty certain my husband's been cheating on me with an ex-girlfriend, at least emotionally. I started out being OK with their relationship, because they'd been friends for years. Over time they've gone from occasionally having lunch, including me, to texting all the time and meeting after work alone. He's also gotten much more secretive. I know in a way this is my fault and I don't know how to address it. *SAD SPOUSE*

You made a decision that was open-minded and kind, and if he's taken things too far, then that was his mistake, not yours.

The details here are less important than your emotional state: You don't feel like you're the No. 1 woman in his life anymore. And the one who is isn't his mother, sister or the customer service rep that straightened out his phone bill — but an ex-girlfriend. That's not acceptable, and you have the right to speak up about it. Try not to frame it as the accusation of an affair. That will only turn into a game of deny versus admit. In reality, even if no clothes have come off, there's a problem. So share with him that you're feeling left out, and how this distance concerns you.

Perfect Timing Required

Q How do you tell your girlfriend that she needs to go on medication for PMS? Believe me, she needs to. Her personality really changes a few days out of the month, and yes, I've kept track.

The problem is, I don't know how to bring this up without getting screamed at even louder. *ANNOYED BF*

My first point is from the Department of the Obvious: Normally, it's helpful to discuss problematic behavior when you have an example of it in the moment. But in this case, save the structural integrity of your eardrums and choose a different week.


PMS has such a stigma because of the pop-cultural condescension about it, and its use as an excuse to invalidate and criticize women. In truth, it's a complex set of med-

ical symptoms.

After the next phase, when her mood's starting to get better, pick a relaxed, pleasant time to say, "You haven't seemed yourself the past few days. I notice that happening every once in a while." After you've planted that seed, then listen. This isn't about you demanding that she get on meds. It's about starting a conversation, showing your concern and trying to understand her better.



By Dr. Andrea Bonior

 Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Event Horizon

The Wire

It's a British invasion courtesy of Urban Evolution this weekend. Tim "Livewire" Shieff, the parkour/freerunning pro, is paying a visit to the gym's two locations. On Saturday, meet up at 10 a.m. in Alexandria (5402 Eisenhower Ave.) for a free outdoor jam — the group plans to head from there to several locations. On Sunday, Shieff's helping host a BBQ and indoor jam (\$21) at the Manassas gym (8442 Kao Circle). Get more info at urbanevo.com.

Champion Of Exercise

Michelle Kwan's new Washington life hasn't required putting her fitness routine on ice

Michelle Kwan is a figure skating legend, a role model for young women everywhere and — as of last August — a Washingtonian. The 31-year-old moved here after finishing up her master's degree at the Tufts University Fletcher School of Law and Diplomacy, and began a life of wonkery as a public diplomacy envoy for the U.S. government.

Although she now spends her time with college pals who are “sprinkled at the State Department, the CIA and the White House,” Kwan hasn't given up on her athletic past. She's on the board of the Special Olympics, and last week she was fulfilling her duties as a member of the President's Council on Fitness, Sports and Nutrition at the

group's annual meeting.

The council's big push is for Americans to earn the Presidential Active Lifestyle Award by logging their physical activity, which is something that comes naturally to Kwan. “That's what I used to do as an athlete,” she says, noting that the 30 minutes a day required of adults is quite a bit less than what her coaches used to expect. “I miss skating, of course, but at the same time, my body doesn't miss it as much.”

Working out is no chore anymore — it's something she does just for herself. “I love sweating and exercising. If I don't exercise, I'm not a happy camper,” says the two-time Olympic medalist.

That's why you'll find her practicing yoga five times a week at various studios around



town. She's impressed by how many choices there are in D.C., and by how much she needs to work on her flexibility. “If you can lift a leg up and do a spiral on ice, it doesn't mean you're balanced evenly. In skating, we can favor one side,” she says. Yoga, however, doesn't let her get away with that.

And if she's not on the mat? “Then I'm running or out on the

“I miss skating, of course, but at the same time, my body doesn't miss it as much.”

golf course,” she says.

The California transplant has determined that Washington is a seriously fit town, even though the style is different from what she was used to back home. “Everyone has a suit on with tennis shoes. It's not the prettiest look,” she says. “But they're making a statement that they have to walk places.”

Kwan also has explored the city's dining options and found several favorites for healthy meals,

Activity Ideas

Gearing Up

Michelle Kwan wants all Americans to earn the Presidential Active Lifestyle Award. One way to rack up movement minutes? Celebrate National Bike Month. The main event is Bike to Work Day (May 18), but you can also get your kids in on the action on Wednesday, which is the first national Bike to School Day (Walkbiketoschool.org). Make sure you're recovered by Sunday for Bike D.C., a 24-mile (or 11-mile) non-competitive, car-free ride. Register (\$15-50) and get course info at Bikedc.net. v.h.

including Estadio, Oya, Logan Tavern and especially Zorba's. “That place is delicious,” Kwan declares.

Kwan's one worry about her new neighbors is they're so caught up in their work that they lose track of themselves.

“I like reassessing,” she says. “What do I need? Is it physical? Can I get more sleep?” Those are critical questions for an athlete, and just as important for a wonk. VICKY HALLETT (EXPRESS)

Drop In and Give Me \$20

If you want to drop in on a yoga class, you'd better be prepared to pay up. At most studios in Washington, you're looking at a fee of about \$20, which can seem staggeringly high for a sliver of space on a hardwood floor. But owners say the price is fair when you consider what it takes to make that moment of bliss possible.

Rent: Most studios have one or two practice rooms, but they can't keep them packed all day, since folks normally will attend classes only before or after work. Studios also need to earn extra dough to make up for lost business during

the summer, when regulars are often away on vacation.

Instructors: Most make \$40 to \$100 per class — a sizable expense if it's a smaller group of students footing the bill. Seasoned teachers who've spent incredible amounts of time and money building up their expertise are worth every penny, however.

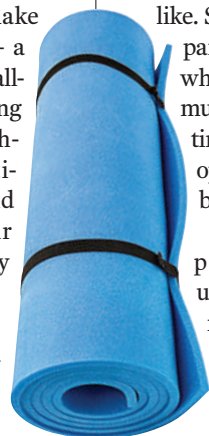
Amenities: Tea and cookies might be free after class, but they're not free to provide. You probably also like clean floors and towels.

If the price still seems too high,

remember that studios try to discourage dabblers who drop in wherever and whenever they feel

like. Studios would rather get paid less but see you more, which is why you'll get a much lower price — sometimes close to half off — by opting for a pass or membership.

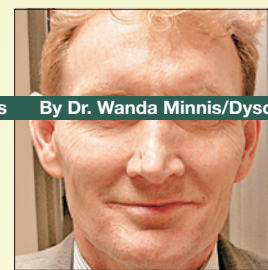
And if you really can't pay, most studios are understanding. It's common to offer community classes, which are usually free or low-cost, as well as work exchanges. So there's no reason for money to keep you off the mat. v.h.



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Over the past decade, studies have shown that eating nuts protects against heart disease, high blood pressure and adult-onset diabetes. Researchers now speculate that, rather than expand your waistline, nuts may help you keep off the pounds, too. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)



Almonds have nearly nine times more monounsaturated healthy fat than saturated fat. They're also packed with protein, fiber, calcium, iron and vitamin E (which protects against stroke and cancer). **160 calories, 14 g fat per 1-ounce serving**



Walnuts are loaded with the same heart-healthy omega-3 fatty acids found in salmon. In more good-fat news, walnuts also have an abundance of polyunsaturated fat, which may protect against Type 2 diabetes. **190 calories, 18 g fat**



Pistachios were recently reported to have the highest level of LDL-lowering plant sterols. They're a great source of potassium, and they're high in monounsaturated fat, with nearly as much as in almonds. **160 calories, 13 g fat**



Peanuts aren't actually nuts. But research has found that these legumes keep cholesterol levels at bay. These impostors also provide more protein (7 grams per serving) than true nuts do. **170 calories, 14 g fat**

Recipe File

SPRING FISH CHOWDER

Ingredients

- ▀ 1 tablespoon olive oil
- ▀ 1 medium yellow onion, diced
- ▀ 2 cloves garlic, minced
- ▀ 1 large potato, cut into 1/2-inch cubes
- ▀ 1 large sweet potato, cut into 1/2-inch cubes
- ▀ 1 red bell pepper, cored and diced
- ▀ 1/2 teaspoon ground cumin
- ▀ Pinch of cayenne
- ▀ 1 1/2 quarts fat-free half-and-half
- ▀ Zest of 1/2 lemon
- ▀ 1 pound white fish, cut into bite-size pieces
- ▀ 3 scallions, sliced

Makes Four Servings

In a large pot over medium-high, heat the olive oil. Add the onion and garlic



MATTHEW MEADE/AP

and cook until softened and just beginning to brown, about 7 to 8 minutes.

Add the potato, sweet potato, red pepper, cumin, cayenne and half-and-half. Bring to a simmer and cook until the potato is tender, about 7 minutes. Add the lemon zest and fish, then cook for 4 minutes or until the fish is cooked through. Stir in the scallions and season with salt and pepper. (AP)



320 calories; 60 calories from fat (19 percent of total calories); 6 g fat (2.5 g saturated; 0 g trans fats); 55 mg cholesterol; 43 g carbohydrate; 23 g protein; 4 g fiber; 480 mg sodium.

lookout



Limitless Talent
Beyoncé wins a writing award for a piece she penned in *Essence* **35**

Sound Bets



Subatomic Sounds

D.C. resident Richard Chartier, above, uses computers and synths to create ambient art that hums like a chorus of charged particles. Chartier's latest release, "Built Through," is a collaboration with Robert Curgenven, and the duo remix and edit each other's compositions and recordings to create a colossal yet minimalist soundscape.

This is headphone music—true sound-art whose fascinating creative process is too detailed for this tiny column.

Pinkcourtesyphone's "Foley Folly Folio," recorded between 1997 and 2011, is the debut by Chartier's alter ego. Whereas releases under his own name are often about exploring specific artistic processes, the comparatively more maximalist and free-form Pinkcourtesyphone pieces wouldn't sound out of place next to analog-ambient pioneers Tangerine Dream or early '90s post-rave comedown music.

Both albums are available via Chartier's Line label (Lineimprint.com), which also just released Frank Bretschneider's "Kippschwingungen," featuring droning, modulating music composed on the Subharchord, a rare East German instrument from the '60s.

All of Chartier and Line's releases reward close listening. How else will you hear an atom sing?

Read Christopher's previous columns at: expressnightout.com/soundbets



From left: Danny Scheie, Cody Nickell and Kate Eastwood Norris in "The Taming of the Shrew." The latter two play Petruchio and Kate, respectively.

Singing Sonnets

Folger Theatre taps Cliff Eberhardt to lend a Wild West sound to 'Taming of the Shrew'

Stage

Singer-songwriter Cliff Eberhardt had no theater experience, but he's in every scene of Folger Theatre's new production of "The Taming of the Shrew."

"Talk about setting the bar high," he jokes.

Eberhardt, 58, may be no thespian, but he has been enthralling audiences with his soulful voice and bluesy guitar since the 1970s. One of his longtime fans is Folger's rising-star director Aaron Posner, who began listening to Eberhardt's music about 20 years ago.



'Shrew Songs'

On his most recent album, "500 Miles: The Blue Rock Sessions," Cliff Eberhardt, above, showcases a spare, Americana/roots sound that dovetailed nicely with the "Deadwood"-meets-Shakespeare approach of Folger's "The Taming of the Shrew." Five Eberhardt originals made the musical, along with six he wrote for the show. Folger has compiled those songs into a limited-edition album, "Shrew Songs." K.C.

"I heard one of his songs on WXPN in Philadelphia, and I had to wait in my car to find out who sang that song," Posner says. "There was something about his voice, his music, his lyrics that really struck a chord for me."

After years of seeing him in concert, Posner proposed collaborating on a theater project, and Eberhardt agreed. About a year ago, the stars aligned: Eberhardt signed on to compose music for Posner's retelling of "The Taming of the Shrew," which is set in the Wild West. Eberhardt would also play the Blind Balladeer—part-busker, part-prophet.

"I've always wanted to write for musicals," Eberhardt says. He came close in the 1980s when cast in "Pump Boys and Dinettes" on Broadway, but was unable to fit it around his touring schedule.

"Shrew" has been staged as a western before, but this version's "Deadwood" vibe is no coincidence, says Posner. While watching episodes of the HBO series, Posner envisioned "Shrew" in a world revolving around an 1880s-era saloon.

The Old West was a place where power and money ruled, and the law was still "flexible," Posner says. Such a setting suits the larger-than-life personalities of whip-smart but headstrong Kate and her cocky suitor, Petruchio.

Since "Shrew" was written without songs, Posner says, "you either had to take the sonnets, Shakespeare's poetry, and set it to music, or blow it open and allow Shakespeare to be interpreted in a new and fresh way. I like the pull between those two choices; I think it's an interesting tension."

Eberhardt's gritty, hard-love songs lent themselves to such a folk-tale interpretation.

Although Eberhardt has no acting experience, Posner felt little risk putting him onstage. "From his concerts," he says, "I could see that Cliff had the kind of personality and energy that lent itself to a theatrical production."

As for Eberhardt, being part of a musical has been an adjustment.

"I'm used to being the boss," he says. "It's usually just me onstage, and I produce my own recordings and do my own arranging. Now I'm being told what to do. It's ... interesting. I have to be submissive."

Maybe he can take some tips from Kate. KAY COYTE (THE WASHINGTON POST)

● **Folger Theatre, 201 E. Capitol St. SE; through June 10 (except Mondays), \$30-\$65; 202-544-7077, Folger.edu/theatre. (Capitol South)**



Contract Gaming: Borrowing a page from wireless companies, Microsoft is offering a subsidized version of its 4GB Xbox 360 gaming console with Kinect for \$99. The catch: Customers must sign up for a two-year Xbox Live Gold Membership subscription for \$14.99 per month. Like most cellphone plans, if a customer cancels the subscription early, termination fees will apply. The deal is available only at Microsoft stores. (EXPRESS)

lookout entertainment



MARK METCAL/GETTY IMAGES

1 Whistle King
Andrew Bird is like an indie superhero, wielding his violin as a weapon and defeating today's bland pop music using his classical background and an affinity for jazz and country. Oh, and his genius at whistling. Bird's shows tonight at 9:30 Club and Wednesday at Rams Head Live in Baltimore are sold out (even superheroes have their limits). **9:30 Club, 815 V St. NW; Tue., 7 p.m., sold out; 202-265-0930, 930.com. (U Street)**

2 Cirque for Everyone
If you're despairing that your child has chosen to study Edwardian poetry in school, you can always comfort yourself: She's not in clown school. Though you might change your mind after seeing Circo Para Todos, a Colombian circus school that trains displaced kids to be performers and tour the world, sparing them a life of poverty. **Kennedy Center, 2700 F St. NW; Tue., 6 p.m., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

3 Two-Day Masterpieces
They say amateurs built the ark and professionals built the Titanic. A whole lot of amateurs are about to build cinematic arks. The 48 Hour Film Project gives DIY filmmakers a genre, a prop, a character and a line of dialogue. Two days later the crews return with films. See them this week or hold out for the "Best Of" screening May 24. **AFI Silver, 8633 Colesville Road, Silver Spring; Tue.-Thu., \$7-\$11.50; 301-495-6720, Afi.com/silver (Silver Spring)**



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entertainment **lookout**



AP FILE PHOTO

Warren Littlefield helped NBC's Thursday-night lineup into a juggernaut in the '90s.

The Making Of Must-See TV

An ex-NBC executive offers an inside look at the peacock's reign atop the airwaves

Books

After being fired as NBC entertainment president in 1998, Warren Littlefield packed photos, papers, awards and other memorabilia into a self-storage unit and turned the key.

For 10 years he never stopped by. Finally, on a Saturday afternoon, he unlocked the vault and began combing through the boxes — a process of rediscovery that eventually led to his new book, "Top of the Rock: Inside the Rise and Fall of Must See TV."

Jerry Seinfeld, Kelsey Grammer, Lisa Kudrow, Anthony Edwards and Debra Messing are among more than 50 people who help Littlefield tell inside stories about "Seinfeld," "Friends," "Frasier," "ER," "Will & Grace" and what went on within NBC to make its Thursday-night lineup the most powerful one in television during the 1990s.

Littlefield had intended the book

"I was the network president. I thought I knew everything. In every single interview, something was revealed to me and I thought, 'Why in the hell did I never know that?'"

— WARREN LITTLEFIELD, THE FORMER PRESIDENT OF NBC ENTERTAINMENT.

to be a narrative, but because he found the interviews so insightful and entertaining, it takes an oral history format.

"I was the network president," Littlefield says. "I thought I knew everything. In every single interview, something was revealed to me and I thought, 'Why in the hell did I never know that?'"

For instance, George Clooney persuaded Julianna Margulies to choose "ER" rather than a role in "Homicide: Life on the Street" by telling her he had just been in a meeting with Littlefield and producer John Wells and the two men desperately wanted her for the new medical drama. It was a lie. There was no such meeting; Littlefield was letting her decide for herself.

DAVID BAUDER (AP)

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- Adult (18 years of age or older)
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- Participation by non-twin siblings also preferred

These studies aim to further define and understand general immune responses.

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To volunteer, call **1-866-833-LIFE** (toll free) or **TTY 1-866-411-1010**, e-mail vaccines@nih.gov, or visit www.vrc.nih.gov.

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TV tonight **lookout**

Best Bets

ABC
8:00

Last Man Standing

Mike (Tim Allen, right) isn't thrilled to learn that Vanessa's sister, April, is coming to visit. He knows she'll probably want to borrow money, and he has plans for his extra cash: buying a tank to run over old vehicles at the junkyard.



ABC
9:00

The Voice It's down to the wire in this innovative singing competition. Tonight, one of the contestants is crowned the winner of the competition and receives a \$100,000 cash prize and a record deal.

DSC
10:00



The Devil's Ride

This new series that takes viewers inside the world of motorcycle clubs with the members of San Diego's Laffing Devils. Among them is young member Snubz, who defies biker stereotypes with his finance degree and full-time corporate job.

TCM
10:00

AFI Master Class Director David O. Russell and actor Mark Wahlberg discuss working together on "Three Kings" and "The Fighter." They also show clips from movies that have inspired them, including "It's a Wonderful Life" and "Man of a Thousand Faces." (TRIBUNE MEDIA)



PATRICK MCELHENNEY/FOX

NEW GIRL

The Wrong Direction

FOX
9:00

It's moving day for one of the roommates on "New Girl" as the freshman sitcom's first year comes to a close. Last week, Nick (Jake Johnson) told his roommates — Winston (Lamorne Morris, left), Schmidt (Max Greenfield, center) and Jess (Zooey Deschanel, right) — that he was moving out of the loft to shack up with his ex-girlfriend, Caroline. On tonight's season finale, Nick and the gang are forced to come to terms with his decision when everyone embarks on an unexpected trip to the desert. (EXPRESS)

Comedy



Numbers Game

Randy, left, and Jason Sklar, right, are identical twins and stand-up comedians who happen to have an obsession with numbers and statistics, as well as an amazing knack for finding the stories behind them. As hosts of the eye-opening series "United States of America" (10 p.m., Hist), they will uncover hidden facts about America and its people while engaging in stunts and experiments that help explain the numbers. (TM)

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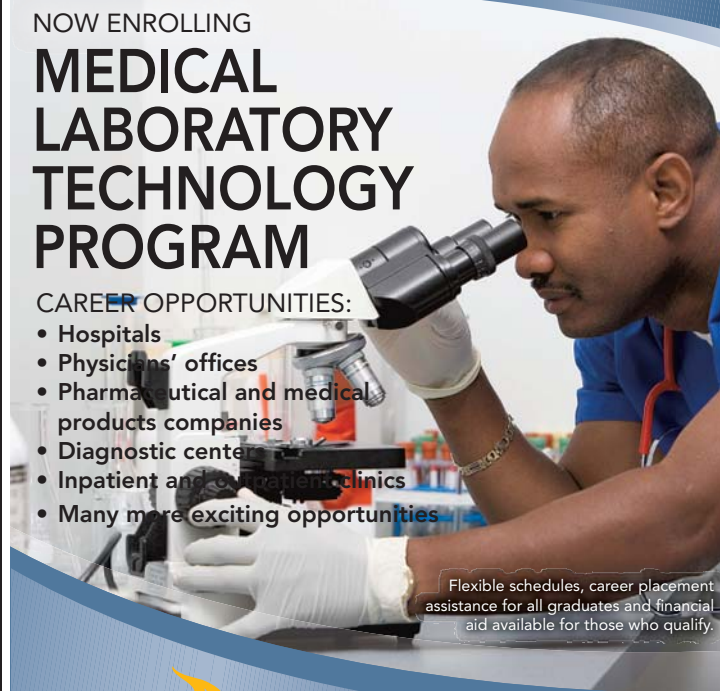
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▲
 “In the first-ever primetime edition of ‘Between Two Ferns’ not only did the show get a new location (New York City) but the show’s host has his ass handed to him on a platter by none other than Tina Fey.”

— WHITNEY JEFFERSON AT BUZZFEED.COM enjoyed Fey’s appearance on Zach Galifianakis’ show, in which she politely deconstructed and insulted the entire premise of the mock program.



▲
 “*Monumental Facepalm* — I guess since Baltimore is worried about the return of the Grand Prix and its mountain of unpaid bills, they had to double down on an event that was even more guaranteed to be a fiscal failure.”

— COMMENTER GUESTMYCSPANKY AT DCIST.COM reacts to news that the event colloquially known as the D.C. Caribbean Parade will be held in Baltimore this year due to money disputes between organizers and the District.



▲
 “Is ‘Mad Men’ creator Matthew Weiner secretly a nostalgic millennial? It sure seems that way, considering the actors who have popped up on ‘Mad Men’ lately.”

— HILLARY BUSIS AT POPWATCH.EW.COM noticed that characters from ’90s and ’00s TV shows have been cast in the show lately. Dennis Haskins, above, (Mr. Belding on “Saved by the Bell”), Alexis Bledel, above, (Rory Gilmore on “Gilmore Girls”) and Larisa Oleynik (Alex Mack on “The Secret World of Alex Mack”) have had roles this season.



Blog Log

▲
 “Here is why Savannah [McMillan-Christmas] is the worst stalker of ALL-TIME. Savannah is Kenyon Martin’s stalker, but ... Kenyon no longer plays for the Nuggets, he plays for the Clippers.”

— BLACKWEBENT.COM pokes fun at the oddball situation that unfolded in Denver Sunday, when a woman wandered on to the court at the Pepsi Center during a Lakers/Nugget playoff game. The woman, who was escorted out by police, has been arrested before for stalking Nuggets players.



▲
 “Am I the only fan of Andre 3000/ Jimi Hendrix that’s a little ... ‘concerned’ abt the fact that Three Stacks... um...kinda... sorta...can’t act?”

— @STEREOWILLIAMS isn’t sure that a rumored biopic with the former OutKast rapper playing the rock legend will make for the best cinema.

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Horoscope

TAURUS (April 20-May 20) You may have to allot more time than you had anticipated to solving a technological problem — and it can't wait!

GEMINI (May 21-June 20) Things are likely to speed up somewhat today, and you'll be required to be at the fore if you expect to garner the accolades you desire.

CANCER (June 21-July 22) You may have to work around another's schedule today, with the expected results that your own efforts may have to occur out of order.

LEO (July 23-Aug. 22) A combination of skill and luck will put you in a position to win today — though watch your back! A dark horse may threaten you.

VIRGO (Aug. 23-Sept. 22) Your understanding of the rules will help you stay at the front of the pack. Don't let anyone distract you from the task at hand.

LIBRA (Sept. 23-Oct. 22) Focus on that which is brought to your attention by someone who has been in your shoes before. His or her experience is valuable to you.

SCORPIO (Oct. 23-Nov. 21) You are able to come up with an idea that takes off quickly once it has been approved by the powers that be.

SAGITTARIUS (Nov. 22-Dec. 21) You can afford to be a little cocky today, but take care! If your luck changes, you'll want a more conservative stance.

CAPRICORN (Dec. 22-Jan. 19) You may find yourself jumping right into a situation that you know little about. You'll learn on the job — and quickly, too.

AQUARIUS (Jan. 20-Feb. 18) Others are looking to you at this time to see how to behave in certain situations. What is it you have going for you that others do not?

PISCES (Feb. 19-March 20) You can bide your time early in the day, confident that when it's your turn you will be able to do something remarkable and memorable.

ARIES (March 21-April 19) You may find yourself in last place as the day begins, but your competitive nature will kick in and change things dramatically.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 219

A ₁	U ₁	U ₁	Y ₄	L ₁	N ₁	D ₂

--

RACK 1

A ₁	E ₁	O ₁	L ₁	H ₄	P ₃	T ₁

Triple Word Score

--

RACK 2

E ₁	O ₁	U ₁	R ₁	D ₂	M ₃	C ₃

2nd Letter Double

--

RACK 3

E ₁	O ₁	U ₁	R ₁	R ₁	N ₁	F ₄

--

RACK 4

Yesterday's Solution

T ₁	H ₄	E ₁	R ₁	A ₁	P ₃	Y ₄	RACK 1 =	80	
W ₄	O ₁	O ₁	D ₂	C ₃	U ₁	T ₁	RACK 2 =	65	
P ₃	R ₁	E ₁	D ₂	I ₁	C ₃	T ₁	RACK 3 =	62	
S ₁	T ₁	U ₁	P ₃	I ₁	D ₂		RACK 4 =	9	
PAR SCORE 145-155								TOTAL	216

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

8			4	7	6		3	
	3				2	1	8	
	4	9	3	1		5	7	
	6			5	1	3		9
			2		3			
3		2	7	4			6	
	8	4		2	7	6	9	
	2	1	6				4	
	7		9	8	4			5

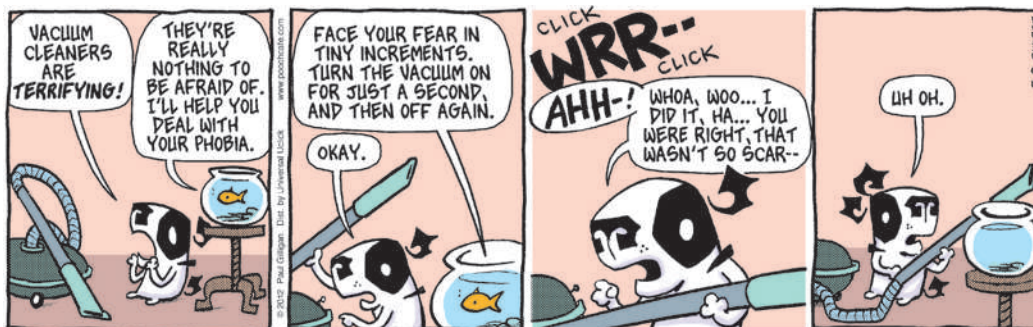
Yesterday's Solution

3	7	4	9	2	8	6	5	1
9	1	5	3	4	6	8	2	7
6	2	8	1	5	7	3	4	9
1	8	2	7	3	4	9	6	5
5	4	3	8	6	9	1	7	2
7	6	9	5	1	2	4	3	8
2	5	1	4	9	3	7	8	6
8	3	6	2	7	1	5	9	4
4	9	7	6	8	5	2	1	3

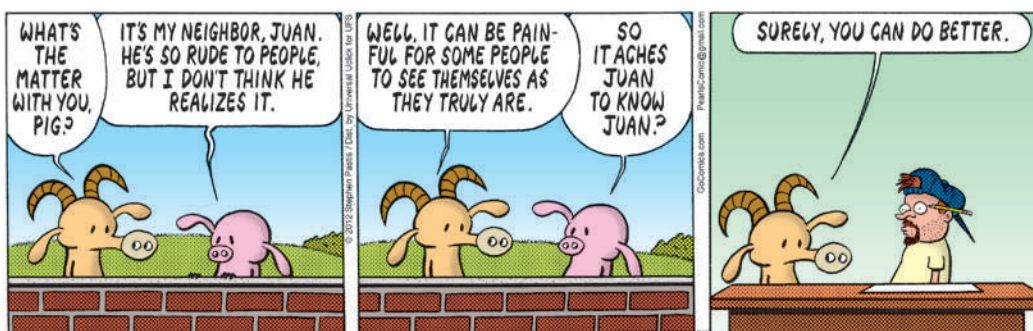
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

76 | 63

Today: Mostly cloudy today and tonight with a couple of thunderstorms.

74 | 58

Tomorrow: Showers and thunderstorms tomorrow. Rain at times tomorrow night.

Looking Ahead

THU	FRI	SAT
71 51	72 54	79 57

Sun and Moon
 Sunrise today: 6:02 a.m.
 Sunset today: 8:08 p.m.
 Moonrise today: 11:17 p.m.
 Moonset today: 8:11 a.m.

Almanac
 Normal high: 73
 Record high: 95
 Normal low: 54
 Record low: 38

FORECAST BY ACCUWEATHER.COM ©2012



The HAMILTON LIVE
UPCOMING PERFORMANCES

WEDNESDAY, MAY 9
RAMBLIN' JACK ELLIOT

THURSDAY, MAY 10
MIKE FARRIS

FRIDAY, MAY 11
THE SPAMPINATO BROTHERS (OF NRBQ)

SATURDAY, MAY 12
ESL MUSIC PRESENTS
THE FUNK ARK
FEATURING SIR JOE QUARTERMAN AND FRANK MITCHELL JR

SUNDAY, MAY 13 10AM & 12:30PM
MOTHER'S DAY
LIVE GOSPEL BRUNCH
W/ HOWARD GOSPEL CHOIR \$25

SUNDAY, MAY 13
DAVE MASON

MONDAY, MAY 14
JON CLEARY'S PHILTY PHEW
W/ BOBBY THOMPSON PROJECT

TUESDAY, MAY 15
MARY GAUTHIER & ED ROMANOFF

FRIDAY, MAY 18 2 SHOWS
BEN BAILEY
OF CASH CAB (COMEDY)

SATURDAY, MAY 19
PAUL CEBAR
TOMORROW SOUND

SUNDAY, MAY 20 10AM & 12:30PM
LIVE GOSPEL BRUNCH
W/ TRÉ THOMAS \$25

SUNDAY, MAY 20
THE BARR BROTHERS
W/ KISHI BASHI

FRIDAY, MAY 25
MARCUS JOHNSON

SATURDAY, MAY 26
HARIKARAOKE
BAND GONG SHOW

SUNDAY, MAY 27 10AM & 12:30PM
LIVE GOSPEL BRUNCH

SUNDAY, MAY 27
NIKKA COSTA
W/ ANYA MARINA

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/thehamiltondc
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lookout puzzles

Crossword

WORD OF DIVISION

ACROSS

- 1 Escalator part
- 5 Certain dreadlocked Jamaican, briefly
- 10 Adult male deer
- 14 Nehemiah follows it
- 15 ___ Island (former immigration checkpoint)
- 16 Melt ingredient, often
- 17 Balcony feature
- 18 Raccoon relative
- 19 Off one's high horse?
- 20 Show happiness, in a way
- 23 Cone-shaped tent
- 24 Increased, as prices
- 25 Express discontent
- 28 Yodelers' milieu
- 30 Word with "code" or "restricted"
- 31 A boss, occasionally
- 33 CEO candidate
- 36 Make round, as dough
- 40 Not merely -er
- 41 Simpleton
- 42 Tissue additive, perhaps
- 43 Start, as a savings account
- 44 "Empty hand" fighting skill, literally
- 46 Be head over heels about
- 49 "Airtight" story
- 51 Providing particulars
- 57 Shipwreck locale
- 58 "Eyes" in many emoticons
- 59 "Puss in Boots" villain
- 60 Cast a creepy glance
- 61 Apathetic
- 62 Word at the top of an application
- 63 Whirl of water
- 64 Walk leisurely
- 65 Significant time periods

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
				23							24			
25	26	27						28	29					
30							31	32				33	34	35
36					37	38					39			
40					41						42			
				43						44	45			
46	47	48						49	50					
51							52	53				54	55	56
57							58				59			
60							61				62			
63							64				65			

EDITED BY TIMOTHY E. PARKER

DOWN

- 1 Balkan Wars participant
- 2 Former Winter Palace resident (Var.)
- 3 Great Lake
- 4 Spacious and grand
- 5 "Eye of newt and toe of frog" context
- 6 Not with another
- 7 Chalkboard material
- 8 Ballplayer Fuentes
- 9 Minor in geography?
- 10 By-the-book purchase
- 11 Blooming bulb
- 12 Like a doddering old woman
- 13 Like some exclusive communities
- 21 Guy that's a doll
- 22 Old Toyota model
- 25 ____, medium or well done
- 26 A son of Aphrodite
- 27 Attack, as with eggs
- 28 A bit pretentious
- 29 "Anna Karenina" author Tolstoy
- 31 Wild Huckleberry?

- 32 Wet-your-whistle stop
- 33 ___ fide (in bad faith)
- 34 Clean, as with towels
- 35 On the less breezy side, at sea
- 37 Let off the hook?
- 38 Cherry or pizza creation
- 39 Choir voice
- 43 Bad tempered
- 44 Bean type or shape
- 45 He played Tessio in "The Godfather"
- 46 Gazellelike
- 47 Administered medicine
- 48 Lubricated
- 49 Strongman's reference?
- 50 Not quite ready for the tooth fairy
- 52 Long-range warhead carrier, briefly

- 53 "___ contendere" (legal plea)
- 54 Bacteria culture medium
- 55 ___ la Douce (Shirley MacLaine role)
- 56 Alternatives to Levis

Yesterday's Solution

1	S	T	E	P	6	M	E	T	R	0	W	I	12	13			
14	P	A	P	A	15	A	R	R	O	W	16	A	N	N	A		
17	A	X	I	S	18	T	O	I	L	E	19	U	A	U			
20	T	I	C	T	21	A	C	T	O	E	22	S	K	I	R	T	
23	G	27	A	28	F	S	29	C	A	L	I	C	O				
32	S	R	A	E	33	S	A	L	34	H	35	T	S				
36	M	E	A	L	37	E	T	H	38	Y	L	E	C	H	O		
39	P	A	U	L	40	A	W	E	41	S	42	H	E	R	R	Y	
43	E	A	S	I	N	44	G	45	O	L	E	O	S				
46	P	47	L	A	N	48	N	E	D	49	A	V	E				
50	I	O	W	A	N	51	D	O	V	E	52	R	S	53	O	L	E
54	I	A	R	55	A	L	T	E	R	56	I	D	O	L			
57	E	R	I	C	58	L	E	T	I	N	59	L	O	S	S		
59	S	E	T	H	60	I	S	O	N	E	61	T	R	E			

Today in History

1886 Atlanta pharmacist John Pemberton invents the flavor syrup for Coca-Cola.

1961 New York's recently created National League baseball team declares it would be known as the Mets.

1984 The Soviet Union announces that it would boycott the upcoming Summer Olympic Games in Los Angeles.



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people **lookout**



JOURNALISM
Kanye West to Win Award For Writing This Item

"Just driving through the city and I see a few things I hate. I hate button up shirts with hoods. I hate hoods with sport coats. I hate sport coats with button up shirts, jeans and dress shoes. I hate khaki trench coats with jeans and off brand work out sneakers. ... I hate big ass striped scarves. I hate long ass sideburns with line up RnB beard." (TWITTER)

HOW WILLIAM AND KATE ENDED UP TOGETHER, TOO Queen Suggests Going With the Devil You Know

Prince Harry and Chelsy Davy are possibly getting back together, an unnamed source tells Usmagazine.com: "They're not dating again, but they are seeing each other. There's definitely a romantic connection still. They will never be 'just friends' — both of them admit that's impossible." The pair broke up in 2009. (EXPRESS)



"You really want to break in another girlfriend?" laughed Chelsy, evilly.

DUI Digest



'Lost' Curse Strikes Again

Matthew Fox was arrested early Friday morning in Oregon for driving under the influence of alcohol, TMZ.com reported. He was released later Friday. Sources told TMZ that Fox was going to a fast-food restaurant and that there was a passenger with him in the car. Several "Lost" stars have been cited in auto-related incidents. (EXPRESS)



CELEBRITY JOURNALISM

Me Me Meeeee Me, Me! Me: Me

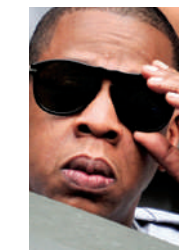
Beyonce Knowles won an award from the New York Association of Black Journalists for her Essence article "Eat, Play, Love," the group announced last week. In the piece, Beyonce reflects on taking nine months away from her career to find herself. An Essence editor told the New York Daily News that Beyonce is "a real writer. We had to edit her, but everyone gets edited except Toni Morrison." (EXPRESS)



WHO ARE THESE PEOPLE?
We Don't Remember This Season of 'The Bachelor'

Country singer Jake Owen and model Lacey Buchanan married on Monday in Owen's hometown, Vero Beach, Fla., as the sun rose over the ocean. "That was my idea, because it's symbolic of the dawn of a new day and starting our new life together," Owen told People.com. The family-only ceremony was followed by champagne, cake and brunch. (EXPRESS)

"At the end of the day, I just know I'll probably have the worst, spoiled little kid ever."



— JAY-Z TOLD OPRAH WINFREY ON OWN'S "OPRAH'S MASTER CLASS: SPECIAL EDITION" THAT HE WORRIES ABOUT THE EFFECT WEALTH WILL HAVE ON HIS DAUGHTER, BLUE IVY.

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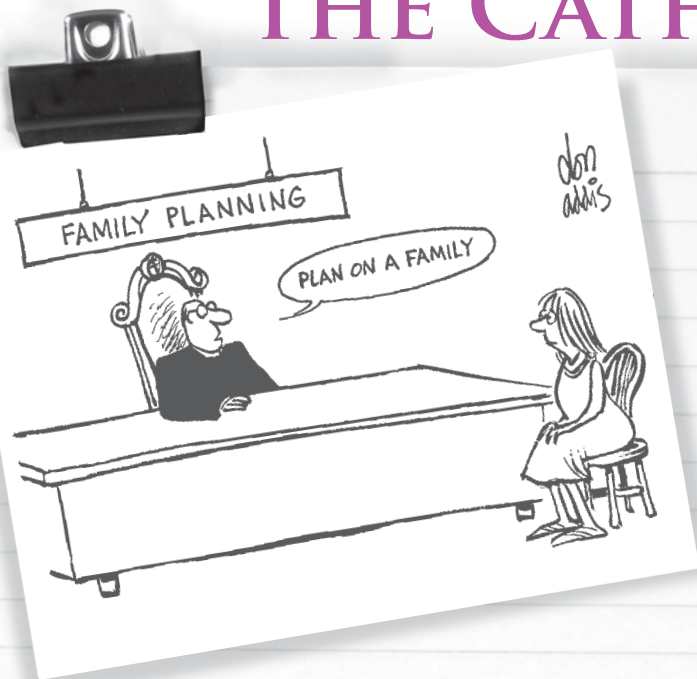
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 you learned by age 3

play **su | do | ku**



A Publication of the **The Washington Post**

IT'S TIME TO QUIT THE CATHOLIC CHURCH



OPEN LETTER TO 'LIBERAL' AND 'NOMINAL CATHOLICS

It's your moment of truth.

It's time to quit the Roman Catholic Church. Will it be reproductive freedom, or back to the Dark Ages? Do you choose women and their rights, or Bishops and their wrongs? Whose side are you on? In light of the U.S. Catholic Conference of Bishops' war against women's right to contraception...

- Why are you aiding and abetting a church that has repeatedly engaged in a crusade to ban contraception, abortion and sterilization, to deny the right of all women everywhere, Catholic or not, to decide whether and when to become mothers?
- Think of the acute misery, poverty, needless suffering, unwanted pregnancies, overpopulation, social evils and deaths that can be laid directly at the door of your church's pernicious doctrine that birth control is a sin and must be outlawed.
- If you think you can change the church from within – get it to lighten up on birth control, gay rights, marriage equality, embryonic stem-cell research – you're deluding yourself. By remaining a "good Catholic," you are doing "bad" to women's rights. You are an enabler. And it's got to stop.
- **It's a disgrace** that U.S. health care reform is being held hostage to your church's irrational opposition to medically prescribed contraception. No political candidate should have to genuflect before the U.S. Conference of Catholic Bishops. President Obama has compromised, but the Church never budes. Instead it is launching a ruthless political Inquisition in your name.

- Your church hysterically claims that secular medical policy is "an assault against religious liberty." The louder the Church cries "offense against religious liberty" the harder it works to take away women's liberty. Now your church has introduced into Congress a doublespeak bill, the "Respect for Rights of Conscience Act," to allow dogma to trump the civil rights and private consciences of employees.

• **The Church that hasn't persuaded you to shun contraception now wants to use the force of secular law to deny birth control to non-Catholics.**

- **You're better than your church, so why stay?** Why put up with an institution that discriminates against half of humanity? Why send your children to parochial schools to be indoctrinated into the next generation of obedient donors and voters? Can't you see how misplaced your loyalty is after two decades of sex scandals involving preying priests, church complicity, collusion and coverup going all the way to the top? Apparently, you're like the battered woman who, after being beaten down every Sunday, feels she has no place else to go. There is a more welcoming home for you.

Join those of us who put humanity above dogma.

As Thomas Paine observed: "My own mind is my own church." We invite you to free yourself from incense-fogged ritual, from ideas uttered long ago by ignorant men, from blind obedience to an illusory religious authority. Life begins at excommunication.

As a member of the "flock" of an avowedly antidemocratic Old Boys Club, isn't it time you vote with your feet?

PLEASE, EXIT EN MASS.

Annie Laurie Gaylor and Dan Barker, Co-Presidents, Freedom From Religion Foundation

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